

# **Sugar – bad for psychological wellbeing**

**By Carolyn Gregoire, Huffington Post**

We know that too much sugar is bad for our waistlines and our heart health, but now there's mounting evidence that high levels of sugar consumption can also have a negative effect on brain health – from cognitive function to psychological wellbeing.

While sugar is nothing to be too concerned about in small quantities, most of us are simply eating too much of it. The sweet stuff – which also goes by names like glucose, fructose, honey and corn syrup – is found in 74 percent of packaged foods in our supermarkets.

And while the World Health Organization recommends that only 5 percent of daily caloric intake come from sugar, the typical American diet is comprised of 13 percent calories from sugar.

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